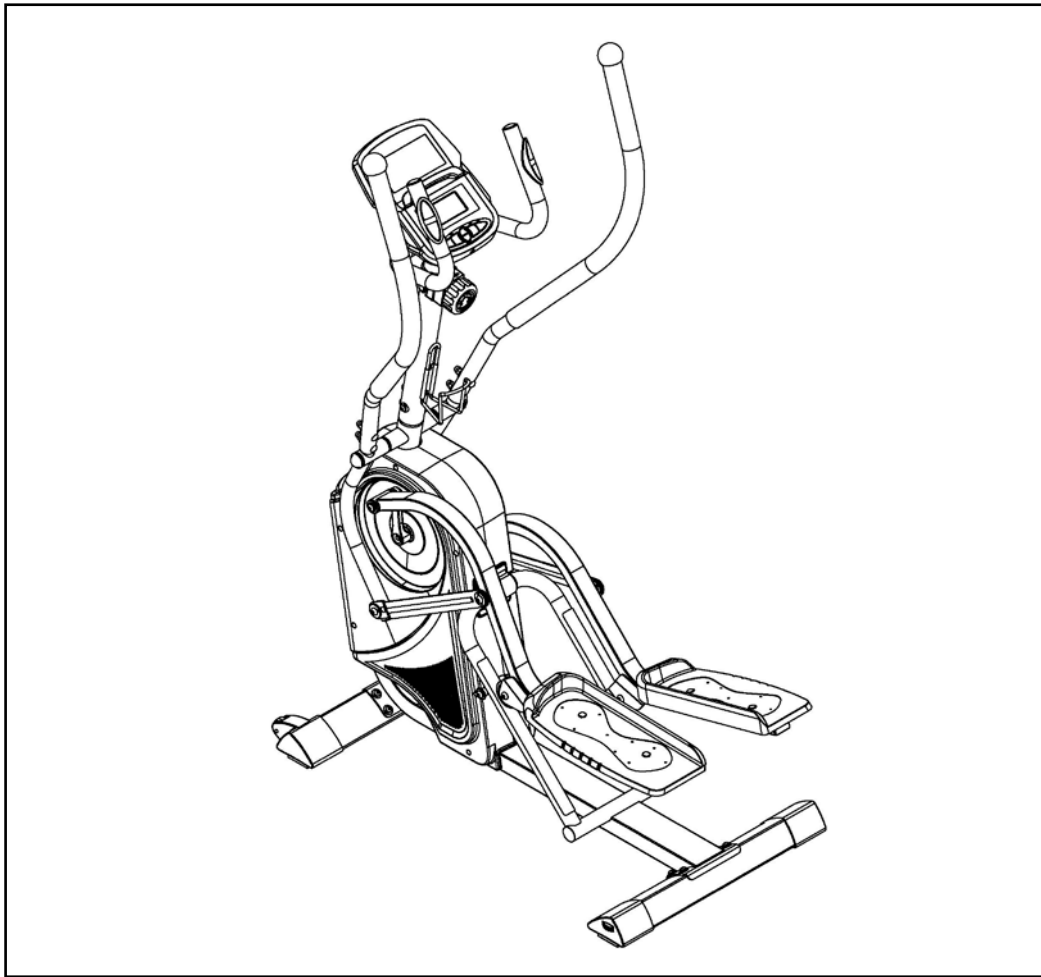# PREMIUM CARDIO CLIMBER
SF-E3919
USER MANUAL

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US**: support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 260 pounds (118KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.
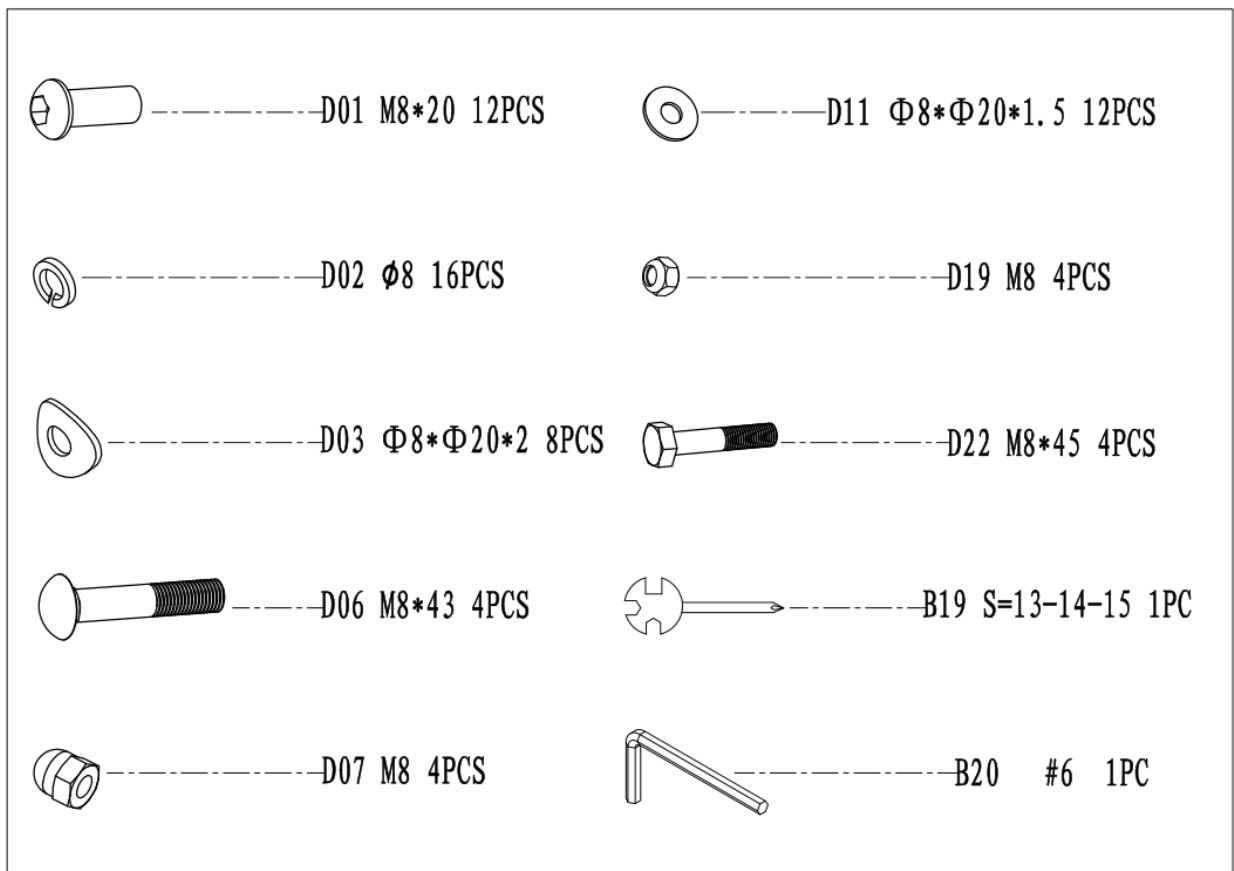
EXPLODED DIAGRAM
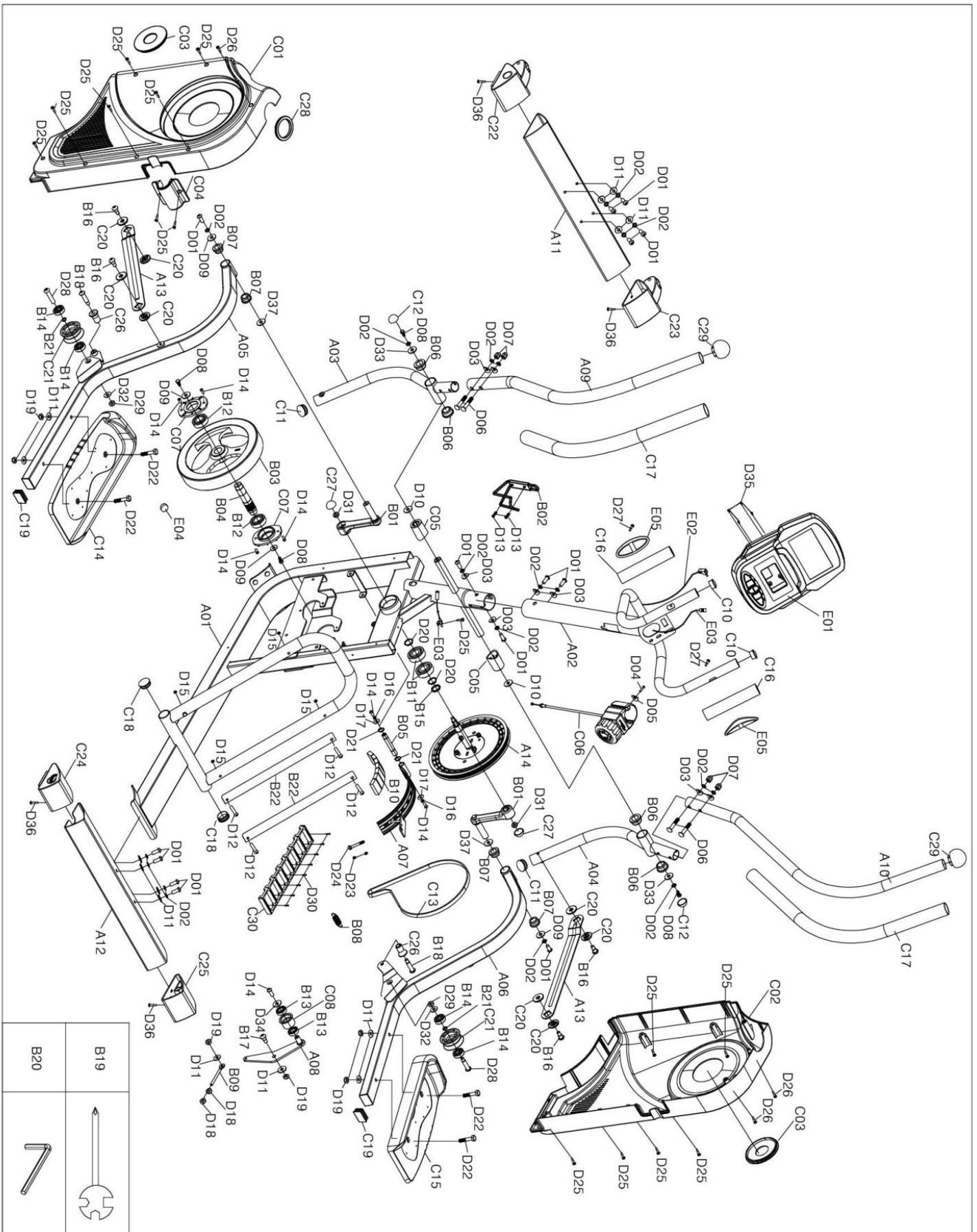
PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
A01	Main Frame		1	C08	Idler Wheel		1
A02	Upright Post		1	C10	End Cap	Ø25	2
A03	Left Swing Rod		1	C11	End Cap	Ø28	2
A04	Right Swing Rod		1	C12	Bolt Cap	S13	2
A05	Left Pedal Tube		1	C13	Belt		1
A06	Right Pedal Tube		1	C14	Left Pedal		1
A07	Magnetic Board		1	C15	Right Pedal		1
A08	Idler Wheel Shaft		1	C16	Foam Grip		2
A09	Left Handlebar		1	C17	Foam Grip		2
A10	Right Handlebar		1	C18	End Cap	Ø32	2
A11	Front Stabilizer		1	C19	End Cap	40*25*15	2
A12	Rear Stabilizer		1	C20	Bushing		8
A13	Connection Plate		2	C21	Pulley		2
A14	Belt Wheel		1	C22	Left End Cap for Front Stabilizer		1
B01	Crank	4"	2	C23	Right End Cap for Front Stabilizer		1
B02	Bottle Holder		1	C24	Left End Cap for Rear Stabilizer		1
B03	Flywheel	6KG	1	C25	Right End Cap for Rear Stabilizer		1
B04	Flywheel Axle		1	C26	Wheel		2
B05	Magnetic Board Axle		1	C27	Bolt Cap	Ø26	2
B06	Sleeve		4	C28	Ring		1
B07	Sleeve		4	C29	End Cap		2
B08	Tension Spring		1	C30	Magnetic Box		1
B09	Bolt	M8*65	1	D01	Bolt	M8*20	14
B10	Magnet	40*25*10	7	D02	Spring Washer	Ø8	20
B11	Bearing	6204ZZ	2	D03	Arc Washer	Ø8*Ø20*2	8
B12	Bearing	6004ZZ	2	D04	Bolt	M5*40	1
B13	Bearing	6001-2RS	2	D05	Flat Washer	Ø5*Ø10*1	1
B14	Bearing	6200Z	4	D06	Carriage Bolt	M8*43	4
B15	Sleeve		1	D07	Nut	M8	4
B16	Bolt	M8*24.5	4	D08	Bolt	M8*16	4
B17	Screw	M8*20	1	D09	Flat Washer	Ø8*Ø24*2	4
B18	Screw	M8*52	2	D10	Wave Washer	Ø19*Ø25*0.3	2
B19	Spanner	S13-14-15	1	D11	Big Flat Washer	Ø8*Ø20*1.5	14
B20	Allen Wrench	#6	1	D12	Bolt	M6*40	4
B21	Sleeve		2	D13	Bolt	M5*10	2
B22	Stainless Steel Plate		2	D14	Bolt	M6*12	7
C01	Left Belt Cover		1	D15	Nut	M6	4
C02	Right Belt Cover		1	D16	Spring Washer	M6	2
C03	Crank Cover	Ø97	2	D17	Flat Washer	Ø6*Ø12*1.5	2
C04	Cover		1	D18	Nut	M8	2
C05	Sleeve		2	D19	Nut	M8	6
C06	Tension Control Knob		1	D20	Spring Washer	Ø20	2
C07	Bearing Bracket		2	D21	Spring Washer	Ø12	2

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
D22	Bolt	M8*45	4	D33	Flat Washer	Ø8*Ø32*1.5	2
D23	Nut	M6	2	D34	Flat Washer	Ø6*Ø18*1.5	1
D24	Bolt	M6*40	1	D35	Bolt	M5*10	4
D25	Screw	ST4.2*16	15	D36	Screw	ST4.2*13	4
D26	Screw	ST4.2*16	3	D37	Wave Washer	Ø16*Ø21*0.3	2
D27	Screw	ST4.2*19	2	E01	Computer		1
D28	Bolt	M10*45	2	E02	Handle Pulse Wire		1
D29	Nut	M10	2	E03	Sensor Wire		1
D30	Screw	ST2.9*10	8	E04	Magnet		1
D31	Flange Nut	M10*1.25	2	E05	Handle Pulse Sensor		2
D32	Flat Washer	Ø10*Ø20*1.5	2				

HARDWARE PACKAGE

D01 M8*20 12PCS   D11 Φ8*Φ20*1.5 12PCS

D02 Φ8 16PCS   D19 M8 4PCS

D03 Φ8*Φ20*2 8PCS   D22 M8*45 4PCS

D06 M8*43 4PCS   B19 S=13-14-15 1PC

D07 M8 4PCS   B20 #6 1PC

Ordering Replacement Parts (U.S. and Canadian Customers only)

Please provide the following information in order for us to accurately identify the part(s) needed:

✓ The model number (found on cover of manual)
✓ The product name (found on cover of manual)
✓ The part number found on the "EXPLODED DIAGRAM" and "PARTS LIST" (found near the front of the manual)

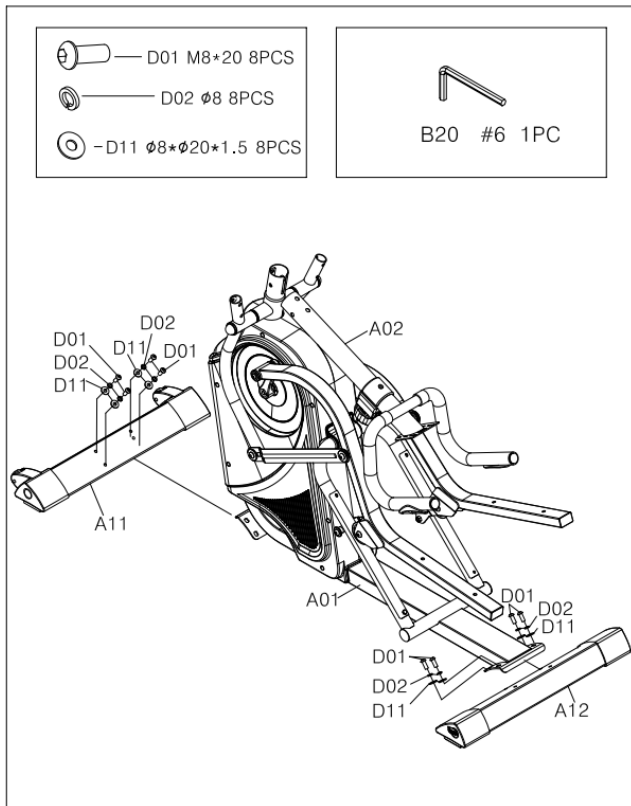Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

ASSEMBLED ATTENTION
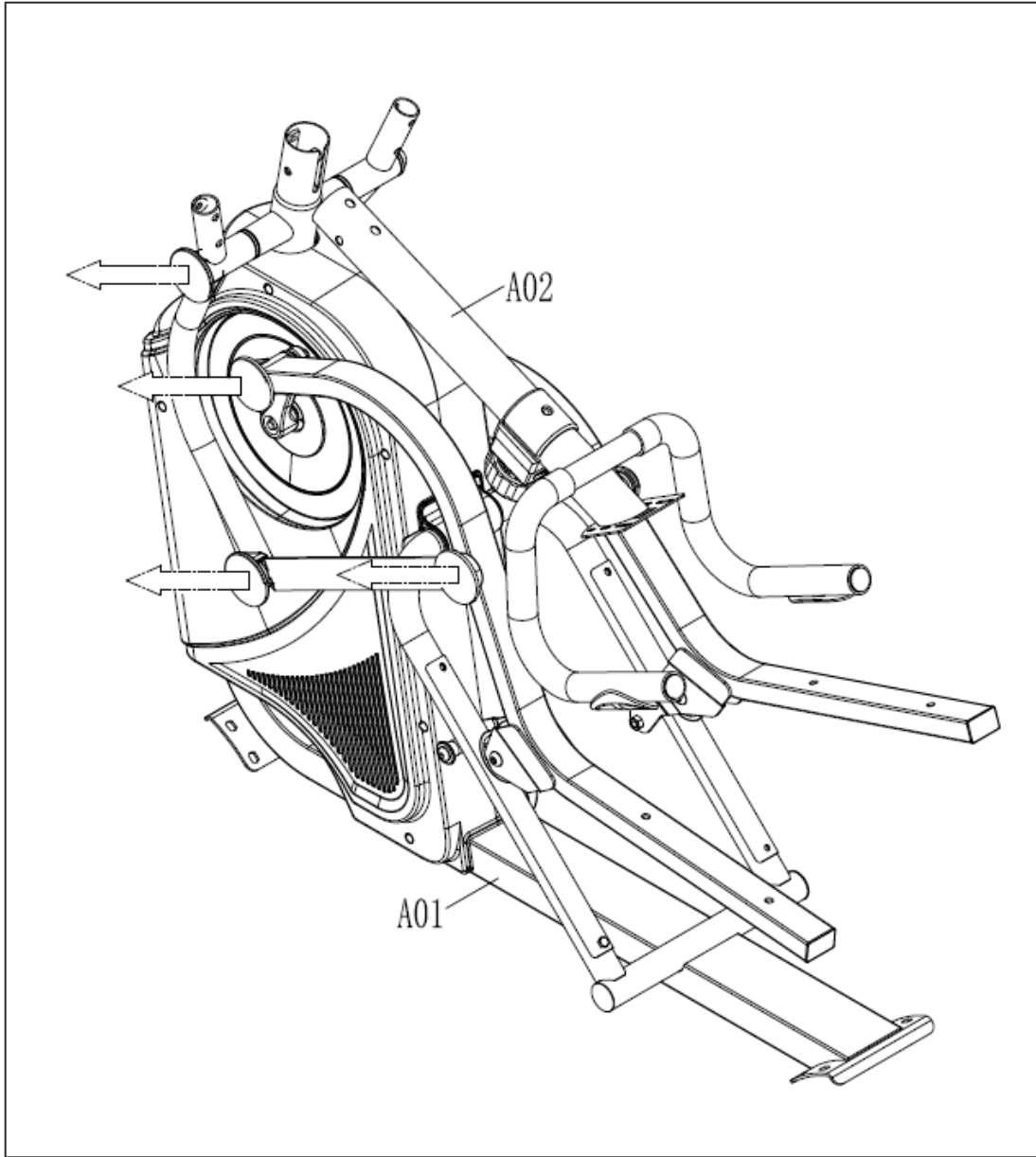
When the package is opened, please remove the 8 plugs from the product before assembling. Please note there are 4 plugs on each side.
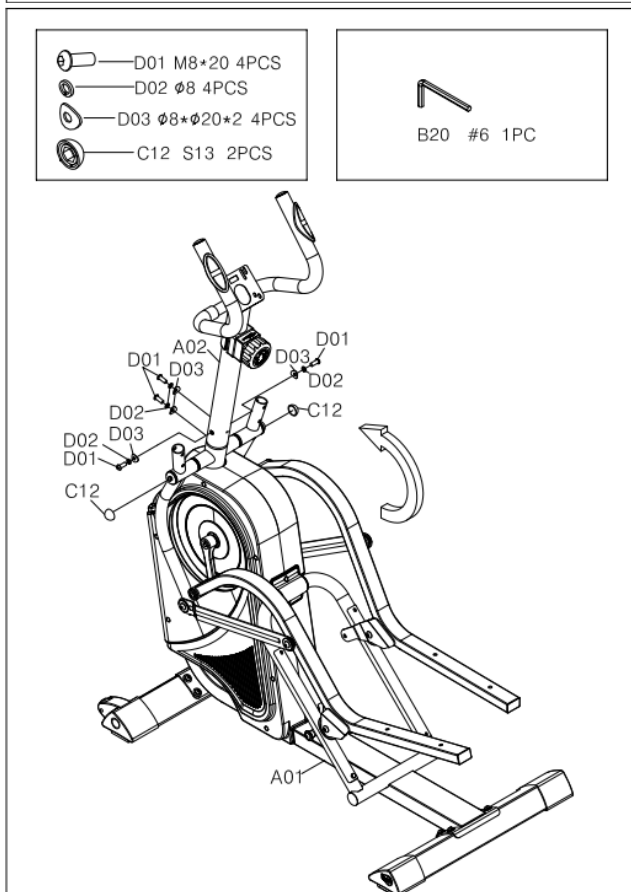
ASSEMBLY INSTRUCTIONS

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

D01 M8*20 8PCS
D02 Ø8 8PCS
D11 Ø8*Ø20*1.5 8PCS

B20 #6 1PC

D01
D02
D11
D02 D11 D01
A02
D01

A11

A01

D01 D02
D11

D01
D02
D11
A12

STEP 1:

Attach the **Front Stabilizer (No. A11)** to the **Main Frame (No. A01)**, using 4 **Bolts (No. D01)**, 4 **Spring Washers (No. D02)** and 4 **Big Flat Washers (No. D11)**. Tighten and secure with **Allen Wrench (No. B20)**.

Attach the **Rear Stabilizer (No. A12)** to the **Main Frame (No. A01)**, using 4 **Bolts (No. D01)**, 4 **Spring Washers (No. D02)** and 4 **Big Flat Washers (No. D11)**. Tighten and secure with **Allen Wrench (No. B20)**.

D01 M8*20 4PCS
D02 Ø8 4PCS
D03 Ø8*Ø20*2 4PCS
C12 S13 2PCS

B20 #6 1PC

A02 D01
D01 D03 D03
D02
D02 D02 C12
D03
D01
C12

A01

STEP 2:

Attach the **Upright Post (No. A02)** to the **Main Frame (No. A01)**, using 4 **Bolts (No. D01)**, 4 **Spring Washers (No. D02)** and 4 **Arc Washers (No. D03)**. Tighten and secure with **Allen Wrench (No. B20)**.

Take out of the 2 **Bolt Caps (No. C12)** from the manual plastic bag and attach them to the **Main Frame (No. A01)**.
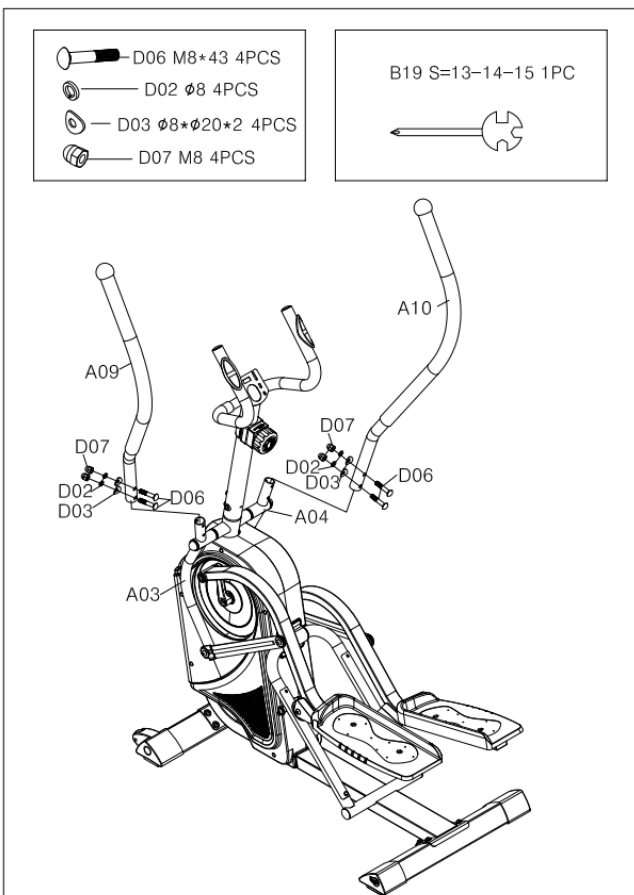
Note:
Please be careful not to clip the wires.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

D22 M8*45 4PCS
D11 Ø8*Ø20*1.5 4PCS
D19 M8 4PCS

B19 S=13—14—15 1PC
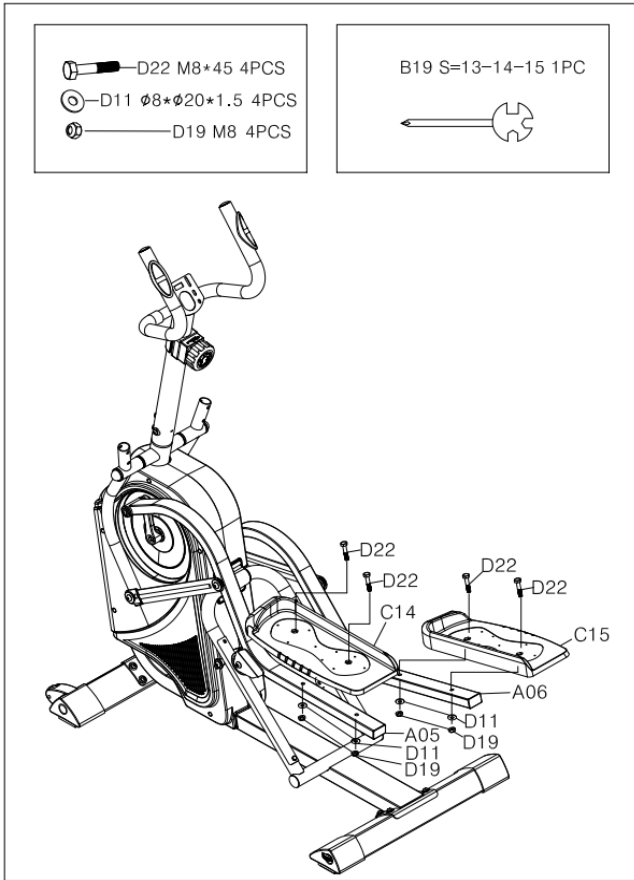
STEP 3:

Attach the **Left Pedal (No. C14)** to the **Left Pedal Tube (No. A05)**, using 2 **Bolts (No. D22)**, 2 **Big Flat Washers (No. D11)** and 2 **Nuts (No. D19)**. Tighten and secure with **Spanner (No. B19)**.

Attach the **Right Pedal (No. C15)** to the **Right Pedal Tube (No. A06)**, using 2 **Bolts (No. D22)**, 2 **Big Flat Washers (No. D11)** and 2 **Nuts (No. D19)**. Tighten and secure with **Spanner (No. B19)**.

D06 M8*43 4PCS
D02 Ø8 4PCS
D03 Ø8*Ø20*2 4PCS
D07 M8 4PCS

B19 S=13—14—15 1PC

STEP 4:

Attach **Left Handlebar (No. A09)** to the **Left Swing Rod (No. A03)** using 2 **Carriage Bolts (No. D06)**, 2 **Arc Washers (No. D03)**, 2 **Spring Washers (No. D02)** and 2 **Nuts (No. D07)**. Tighten and secure with **Spanner (No. B19)**.

Attach **Right Handlebar (No. A10)** to the **Right Swing Rod (No. A04)** using 2 **Carriage Bolts (No. D06)**, 2 **Arc Washers (No. D03)**, 2 **Spring Washers (No. D02)** and 2 **Nuts (No. D07)**. Tighten and secure with **Spanner (No. B19)**.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).
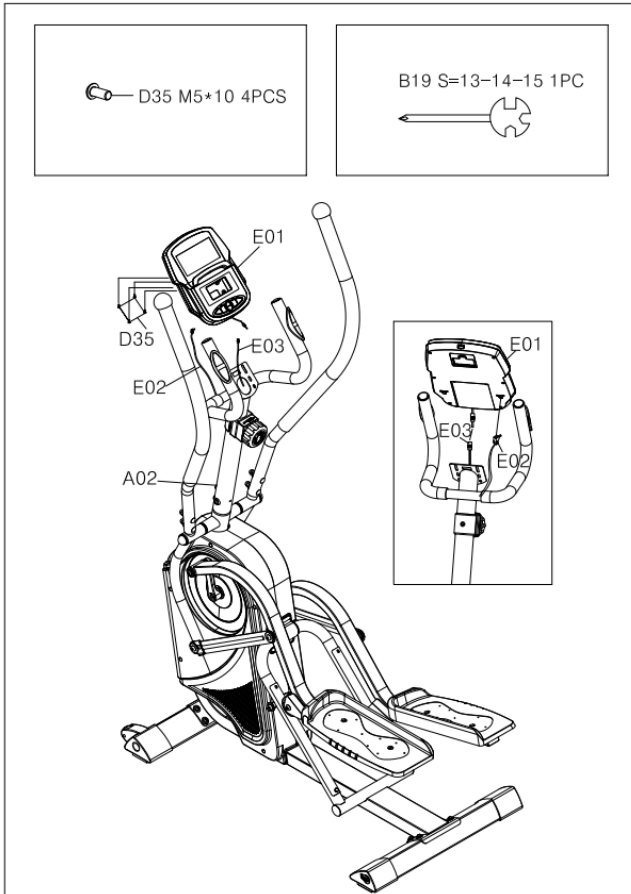
STEP 5:

Remove the 4 **Bolts (No. D35)** from the back of the **Computer (No. E01)**, set them aside.

Connect the **Sensor Wire (No. E03)** with the link wire of **Computer (No. E01)**.

Attach the **Computer (No. E01)** to the bracket on the **Upright Post (No. A02)** using 4 **Bolts (No. D35)** that were removed. Tighten and secure with **Spanner (No. B19)**.

Insert the **Handle Pulse Wire (No. E02)** into the hole on the back of **Computer (No. E01)** as left figure showed.
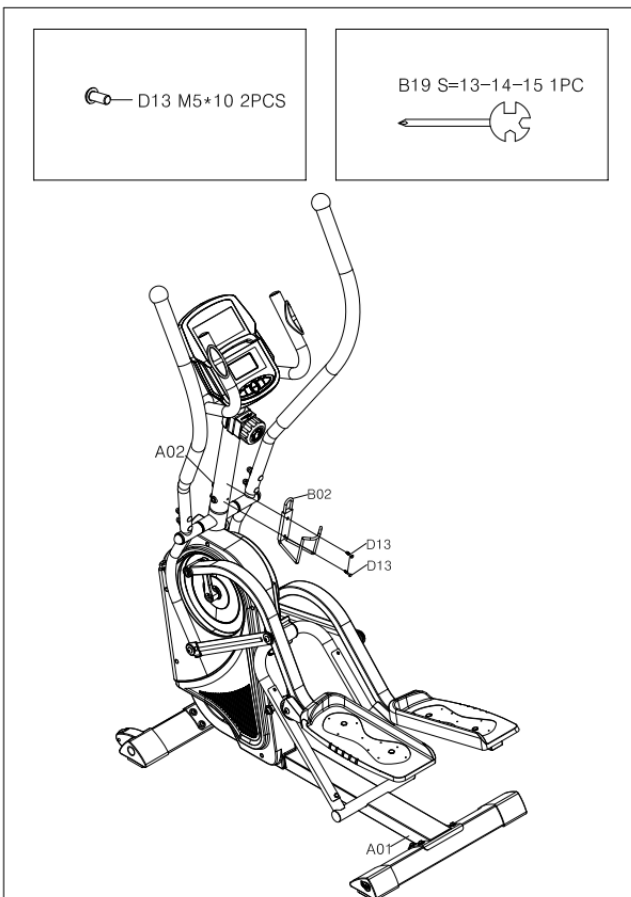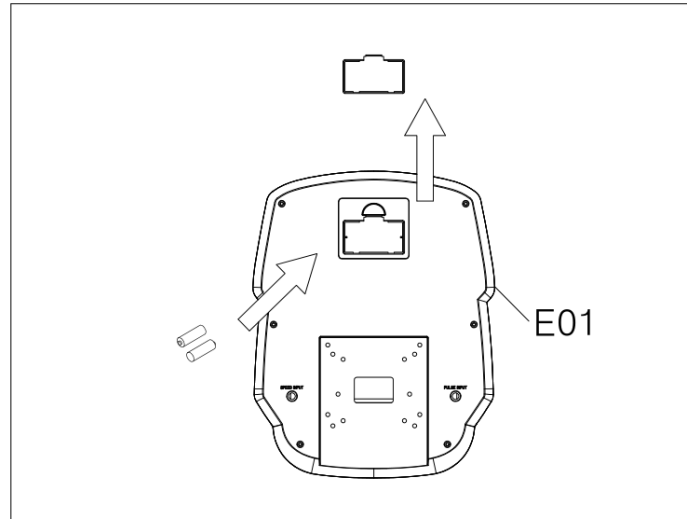
STEP 6:

Remove the 2 **Bolts (No. D13)** that are pre-assembled on the **Upright Post (No. A02)**. Set them aside.

Attach the **Bottle Holder (No. B02)** to the **Upright Post (No. A02)** using the 2 **Bolts (No. D13)** that were removed. Tighten and secure with **Spanner (No. B19)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT

BATTERY INSTRALLATION

1. Take out 2 AA batteries from computer box.

2. Press the buckle of battery cover on the **Computer (No. E01)**, then remove battery cover.

3. Install 2 AA batteries into the battery case on the back of the **Computer (No. E01)**. Pay attention to the battery + and - ends before installing.

4. Press the buckle of battery cover. Then, put the battery cover back on the **Computer (No. E01)**.

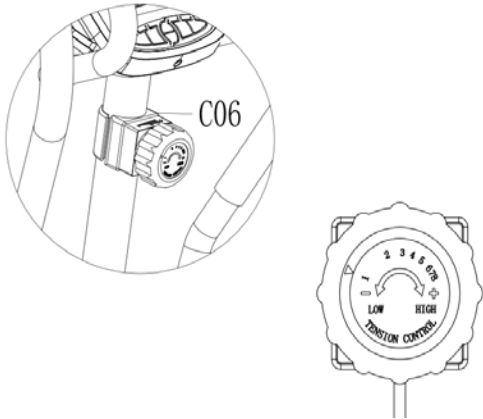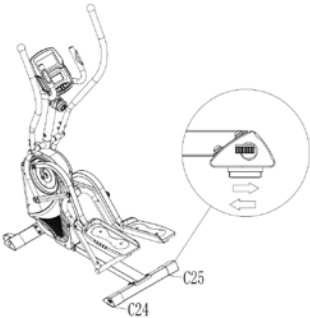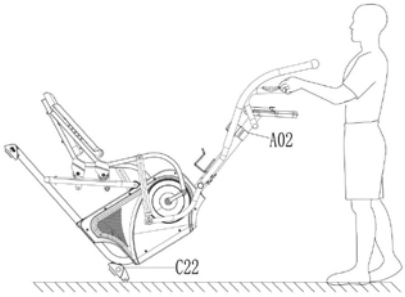*The installation is complete!*

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Computer (No. E01)**. Then remove battery cover.

2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. E01)**. Pay attention to the battery + and - ends before installing.

3. Press the buckle of battery cover. Then, put the battery cover back on the **Computer (No. E01)**.

The replacement is complete!

BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

ADJUSTMENTS & USAGE GUIDE

	ADJUSTING THE TENSION OF THE ELLIPTICAL CLIMBER Adjust the tension of the elliptical climber by rotating the **Tension Control Knob (No. C06)** *clockwise* to increase the level of resistance. Rotate the **Tension Control Knob (No. C06)** *counter-clockwise* to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 8 being the highest.
	ADJUSTING THE BALANCE OF THE ELLIPTICAL CLIMBER If you find that the elliptical climber is unbalanced and causes movement, you can adjust the balance using the **Left and Right End Caps for Rear Stabilizer (No. C24 & No. C25)**.
	MOVING THE ELLIPTICAL CLIMBER To move the elliptical climber, hold the **Upright Post (No. A02)** and tilt it until the movable wheels located on the **Left and Right End Caps for Front Stabilizer (No. C22 & No. C23)** touch the ground. With the wheels on the ground, you can transport it to the desired location with ease.

CLEANING

The elliptical climber can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical climber after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or computer failure.
Please keep the elliptical climber, especially the computer, out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts and pedals on the elliptical climber for proper tightness every week.

STORAGE

Store the elliptical climber in a clean and dry environment away from children.

EXERCISE COMPUTER

FUNCTION KEYS

MODE:

1. Press the button to select hour, minute, year, month, and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES, and PULSE to preset.
3. Press the button to select function displaying on main LCD or enter after setting.
4. Press the button to confirm setting value of Gender, Age, Height, and Weight.
5. Press the button and hold for 2 seconds to reset all values to ZERO. (Replacing batteries will reset all values to ZERO automatically).
Note: If the time, date, and year are not set up in the beginning, you must remove the batteries and reinsert them to set up these functions. Previous data will not be saved.
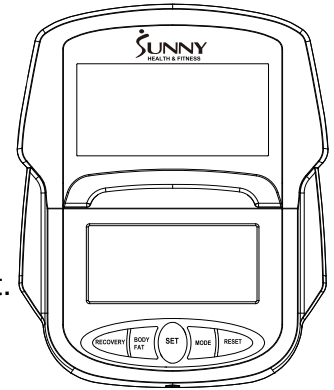
SET:

1. Set up time, year, month, and date.
2. Set up the target value of Time, Distance, Calories and Pulse. You can hold the button to increase the value fast.
3. Set up the personal data of Gender, Age, Height, and Weight for Body fat test.

RESET:

1. Press the button to reset function value when setting.
2. Press and hold the button for 2 seconds to reset all values to ZERO. (Replacing batteries will reset all values to ZERO automatically).

BODY FAT:

Press this button to enter Body Fat measuring function. Next, press the MODE button to enter your personal data of Gender, Age, Height, and Weight. After you have finished setting, press again to measure your Body fat percentage (FAT%) and BMI.

RECOVERY:

To activate the heart rate recovery function after pulse signal. Press any button to return to the main display.

FUNCTIONS

SCAN: Automatically scans through each mode in sequence every 6 seconds. The cycle of functions showing on display is RPM - Speed – Time – Distance – Calorie – Pulse.

TIME: Accumulates the total time from 00:00 up to 99:59. The user may preset the target time by pressing the SET & MODE buttons. Each increase is 1 minute.

RPM: Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to one another on display, every 6 seconds after the exercise starts.

SPEED: Displays current training speed. Maximum speed is 99.9 mph (miles/hour).

DISTANCE: Accumulates total distance from 0.00 up to 99.99 m (miles). The user may preset target distance data by pressing the SET & MODE buttons, by increments of 0.5m (miles).

CALORIES: Accumulates calories burned during training from 0 to max. 999 calories. The user may also preset the target calorie before training by pressing the SET & MODE buttons, by increments of 10 cal.

PULSE: Displays the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the SET & MODE buttons.

> **NOTE: This data was designed to be a guide for exercise use only and should not be used for medical purpose.**

CALENDAR: Displays date, month, and year when the computer is in sleep mode.

CLOCK: Displays current time when the computer is in sleep mode.

TEMPERATURE: Displays current room temperature from 50°F to 140°F when the computer is in sleep mode.

OPERATION

1. Power on – Install 2 pieces of 1.5V UM-3 or AA batteries. The computer starts the segment test with a long beeping sound. (When the batteries are removed, all the function values will be reset to zero or default value.)
2. Set current data – Press the SET & MODE buttons to set up current clock time, year, month, and date. After the first setting and until the batteries need to be replaced, the preset data will be updated automatically.
3. Select and preset target value – Get access to the setting function for Time, Distance, Calories, and Target Pulse. When you are in TIME setting mode, the value will flash, and you can press SET button to adjust the value. Press MODE button for confirmation and to skip to the next setting. The setting of Distance, Calories, and Target Pulse is the same as setting the Time setting.
4. After entering the speed signal, each function of SPEED-RPM-TIME-DISTANCE-CALORIES-PULSE will display every 6 seconds.
5. You can press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will display every 6 seconds.
6. If you have preset any function targets before, the function starts to count down from the target when the training starts. Once target is achieved, the computer will beep, and the function will count from zero automatically if training continues.
7. Pulse measurement – After holding onto the pulse sensors for a few seconds, the computer will show your current heart rate in beats per minute. To ensure the heart rate readout is precise, please hold the pulse sensors with both hands. You may preset target pulse before training starts.

Once your current heart rate is achieved, the computer will beep to notify you.

8. Recovery – When the PULSE is working, you can press the "RECOVERY" button to start the recovery test function. The computer will count down from 0:60 second to 0:00 and the heartbeat symbol will flash until the countdown reaches "0:00". For the 60 second counting period, please keep both hands on the pulse sensors. The screen will display "F1 to F6" to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart rate recovery status and check it by using the Recovery function.

9. Body Fat -

    9-1. Press the BODY FAT key to enter body fat measurement.

    9-2. Press MODE & SET buttons to input your personal data. Each personal data available is described as the following:

    AGE: 10 ~ 99 years   HEIGHT: 100 ~ 250 cm (3'03" ~ 8'02")   WEIGHT: 10 ~ 200 kg (22 ~440 lbs)

    9-3. After all personal data has been entered, you can press the BODY FAT button and hold pulse sensors to start the body fat test.

    9-4. It takes a few seconds to test the body fat. If you did not hold onto the sensors during the test procedure, the LCD will show the error sign Err after 10 seconds period.

    9-5. After testing is finished, you will see a percentage and BMI figure (Body Mass Index) displayed on the main LCD in sequence by scan mode.

    BODY FAT %: Calculated from your personal data to show the value from 5%~50%.

    BMI: Calculated from your personal data to show the value from 1.0~99.99.

    9-6. Press any key except SET to return to the main display.

Note:

1. If training stops for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.

2. If the computer has not received speed signal or key input for one minute, the LCD will turn off automatically. Any speed signal or key input can turn on the LCD automatically.

3. If the computer display is abnormal, please re-install the batteries and try again.

4. Battery Spec: 1.5V UM-3 or AA (2PCS).

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the upright post. 2. Check if the batteries are correctly positioned and that the battery springs are in proper contact with batteries. 3. The batteries in the computer may be unresponsive. Change to new batteries.
The elliptical climber wobbles when in use.	Turn the adjustable end caps on the rear stabilizer as needed to level elliptical climber.
The elliptical climber makes a squeaking noise when in use.	The bolts may have become loose on the elliptical climber. Please inspect all the bolts and tighten any that may have loosened.

Version: 2.3

CONNECT WITH US

FOR FITNESS ARTICLES, VIDEOS & WORKOUTS

 @SUNNYHEALTHANDFITNESS

 @SUNNYHEALTHFITNESS

 @SUNNYHEALTHFIT

 /SUNNYHEALTHFITNESS

 /SUNNYHEALTHANDFITNESS

SUNNY
HEALTH & FITNESS

WWW.SUNNYHEALTHFITNESS.COM